
Good Cooking

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Good cooking

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and
Better Cooking



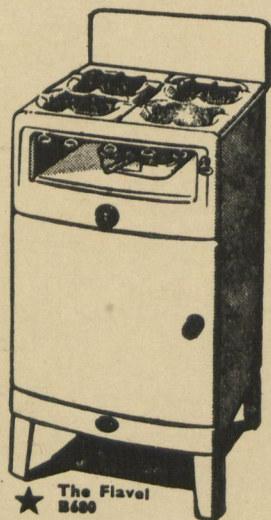
AUGUST 1958

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PRE-PACKAGING

Some evenings ago your editor was invited to a private showing of American films which colourfully and ruthlessly demonstrated the factory prepackaging of various farm products on an assembly line system. It was fascinating to learn how, in the United States, it is possible to purchase various foods which are not only prepared for the oven or grill but which have a built-in sauce and even a pat of frozen butter.

It is easy to appreciate the obvious advantages accruing from the purchase and use of such simplified mass-produced meals when the prime objective is the satisfaction of hunger, and not the gentle appreciation of good home cooking; it is difficult from a gastronomical point of view to condone such a lack of individuality in one's personalised eating habits; even with the present crisis in the Middle East we are not expecting a luncheon or dinner appointment with 'Big Brother' in the immediate future.

The above remarks appertain specifically to complete prepackaged meals which now may be purchased in the self-service stores of many countries. However your editor is of the opinion that a gastronomic argosy is waiting to be borne into the shops which, comprising prepackaged ingredients, will not detract from excellent end products. For some time past there has been a very welcome trend towards the prepackaging of many basic food materials with particular emphasis on fresh fruit and vegetables. Some of our readers will have seen and purchased these products which are on sale in many parts of the country in their distinctive polythene bags. There can be no doubt that for many cooks, and especially those who live in city flats, many new exciting prospects for better food are being rapidly developed in this country.

In principle, it appears that prepackaged products may cost up to twenty per cent more than the same goods when they are served loose, this being particularly obvious when buying low priced staple commodities. It is understandable that when purchasing prepackaged goods by weight they should be somewhat more expensive considering well that they are practically free from all wastage. They are simple to store and transport, and eliminate most of the tedious preparation. However it must also be remembered that the handling charges borne by the shop are greatly reduced and the liability of measuring or weighing exact amounts of bulk materials is practically eliminated. In consequence, it is only fair that a reasonable percentage of the saving in labour costs should be passed on to the patient housewife who is continually harassed by the rising cost of living. Also it is imperative that the more economically priced foodstuffs such as the cheaper cuts of meat should not be neglected in their presentation on the counters of the progressive grocer or butcher.

A major technical revolution such as prepackaging now allows natural foods to be brought into the kitchen in a fresh and hygienic condition. These new techniques should be utilised to the full in the preparation of better meals. Prepackaged foods like other perishables require care to maintain their high initial quality, but they require much less work; they don't have to be weighed, trimmed or cleaned and nobody is paying for inedibles. All this is conducive to better meals but will not replace the traditional skill and personal genius of the good cook.

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AN BÓRD SLÁINTE

Let the psychiatrist engaged in an association of ideas test, as much as murmur the word "Irish" and the response of his patient is almost bound to be either "Stew" or "Whiskey" — depending on whether he is this or that kind of person. But the more usual reply, we are told, is "Whiskey", which, in Ireland, is not so very remarkable. Since Whiskey (spelt with a "E" to distinguish it from Scotch) is one of the country's most valued home-consumption as well as export products.

To-day, for example, the gross output of the Republic's seven distilleries is figured at well over one million gallons per annum, producing for the State, a revenue of no less than £5½ million in excise duty, enriching the Irish farmers by as much as £237,067, paid him for raw materials, and paying out to employees, immediately engaged in the industry, over £332,172 yearly in wages and salaries.

Thirty six years ago, the annual output was valued at under £300,000 but in the intervening years of self-government it has increased in staggering proportion.

The social background to the Irish Whiskey story is a misty one, trailing back through Tudor times, off into the dark corridors of mediaeval history and beyond, into the era of the High Kings, the Heroic Age, maybe the Golden Age itself !

A glance at the word's derivation — it comes from the old Irish *uisce beatha* ("water of life") — should suffice as a token of its antiquity, for even to-day, what maker of liquor would dare contrive so frankly boastful a slogan as "Water of life".

Irish distilling must have been a very ancient industry, for it is on record that when Henry II invaded the country, in the twelfth century, "Usquebagh" was the beverage in common use.

But Irish Whiskey, as we know it to-day, as the finely-distilled quintessential juice of the barley, is comparatively modern. The first record of it to be found in the Irish Annals, is no earlier than 1405 when there's the ominous reference to the fact that Richard MacRannall, Chief of Muintir Eolais died "from an over-dose of *uisge beatha* or Whiskey". A century-and-a-half later, so reputable and palatable a potion had it become that a newly installed bishop of the Church of England wishing to return thanks to the English Queen Elizabeth, for preferment received, sent her from Dublin, we are told, "a caske of usquebagh" — which he would hardly have done, if he had not been certain, that the good quality of his gift would have warmed the heart of his wayward monarch.

The "usquebagh" of the Elizabethan period, the historians tell us, was a compound of spirit distilled from barley, tintured with saffron, nut-meg, sugar and spices, which was usually served piping hot.

By far the most startling and amusing tribute to Irish Whiskey, in Tudor times, is to be found in the *Chronicles* of Raphael Hollinshed published in 1577, where he advises its use not internally but externally, since "it scowreth all scurfe and scalds from the head, being therewith daillie wash't before meales".

"Being moderately taken" Hollinshed goes on rhapsodically "it sloweth age, it strengtheneth, it helpeth digestion, it cutteth flegme, it abandoneth melancholie, it relisheth the heart, it lighteneth the mind". To this litany of praise he adds a host of strangely-sounding ailments, curable by either internal or external application of this vital fluid, ailments which look as if they would be at home on a page in "Alice in Wonderland".

After all that, one takes a deep breath before proceeding to the more sober-solemn definition of Whiskey, as given by Dr. Samuel Johnson in his *Dictionary* (1755): "A distilled spirit being drawn off by aromatics. The Irish sort is particularly distinguished for its pleasant and mild flavour."

It wasn't till the middle of the 18th century that Whiskey distilling appears on a commercial scale. Oddly, the first large distillery was founded in Bushmills, Co. Derry, in 1743—by a band of smugglers!

These enterprising gentlemen managed to carry on their delectable and unlawful industry without undue Government interference until 1784, when they were pressed into taking a licence, whereupon they opened up a highly respectable and remunerative export trade with the West Indies and North America, shipping, before the close of the 18th century, no fewer than sixteen thousand gallons of whiskey per annum — a leap in native Irish exports that so alarmed the British-sponsored Government that they tried to check it—unsuccessfully, as it turned out—by subsidising the somewhat stagnant activities of the brewing industry. Unsuccessfully—for to-day—over a century-and-a-half later Bushmills Whiskey is still being exported across the Atlantic.

The establishment of the first large scale distillery at Bushmills, coincided with a curious change in Irish drinking tastes, of interest to all investigators into the curious social background of 18th-century Ireland.

In 1818 James Warburton, Deputy Keeper of the Records in Dublin Castle, pointed out in his "History of the City of Dublin" that of the 2 million gallons of whiskey distilled in Dublin that year, no fewer than 1,500,000 gallons were consumed in the Irish capital alone. He also gives us the surprising information that, of the residue, no fewer than 60,000 gallons were exported to Lisbon, Portugal, and 43,000 gallons to Quebec, other exports including 4,000 gallons to New York and 134 gallons to Barbadoes, 19,000 gallons to England.

The reason for export of Irish Whiskey to Lisbon is interesting.

According to Warburton, it was used in the manufacture of Port. Apparently, in Oporto, they distilled, for private use, a spirit from the lees of wine, but its flavour was tainted and it was found to be unsuitable for the preparation of wine, for which "the tasteless purity of Irish Whiskey was so well adapted."

By the time Warburton had produced his statistics, the great Dublin distilling industry had been firmly established.

In the 1750's Roe's famous Distillery (which closed in 1904) was in full swing.

In 1779, the original John Jameson, a virile Scot, took over the growing Distillery in Bow Street, which to-day, is probably the most famous in

the world. Eleven years later, was established the house of Power, also still flourishing.

This year it is the first centenary of Gilbey's, who were founded in Dublin in 1858 . . . a century of achievement culminating in their famous blend 'Crock of Gold'.

For a century and more Irish Whiskey enjoyed a wide-margined preference in world trade, since from the 17th century it had been the practice of Irish distillers to use a pot-still and only undamaged barley (malted and unmalted) and oats in its manufacture.

But in the 18th century most Whiskey was drunk when quite new—partly from ignorance of the *good* effect of leaving it to mature and partly from lack of storage facilities, and sometimes to conceal it from the prying eyes of Revenue men.

The inestimable advantages of leaving whiskey to mature for 3 or more years, were probably discovered by accident, perhaps on the digging up of spirits which had been buried in haste and not dug up till long years afterwards. This discovery led to the practice—started in the mid-18th century—of letting new whiskey in cask till it was three, five or ten years old. A practice which perhaps inflicted hardship on distillers, since it incurred not only construction of vast storage vats and warehouses, but also deprived them of quick return on their outlay.

In future Irish Whiskey was to be matured in casks which had once jealously held old sherry to their timbers and which was to impart to a naturally colourless (and almost odourless) liquid the tints of an autumn sunset and the bouquet of vintage wine. In future, too, the juice of the barley was to be passed through the pot-still, not once but *three times*, purifying it, extracting the finer oils and ethers, expelling the grosser impurities, transmuting it into—Whiskey. Perfection of process had at last wrought a miracle.

JULIA MONKS.

MOONSHINE (from Iceland)

1 oz. powdered gelatine
 $\frac{1}{4}$ pint cold water
1 pint boiling water
6 tablespoons castor sugar
Grated rind of 3 lemons

Juice of 2 lemons
Garnish:
2 egg whites and
4 tablespoons castor sugar
or vanilla ice-cream

Dissolve the gelatine in the cold water and allow to stand for 5 minutes. In a saucepan, boil 1 pint of water and when boiling add to it six tablespoons of castor sugar and the grated rind of the lemons. Boil all this together for 15 minutes. Put it through a strainer into a bowl stir in the juice of the lemons and allow to get nearly cold. Now whisk or beat it till it is white and nearly stiff. Put in the 'fridge till it is firm, about 2 or 3 hours. Turn out like a mould and serve either with vanilla-flavoured ice-cream or with the egg-whites beaten stiffly and the added castor sugar spread over the Moonshine.

Time—Cooking time, about 20 minutes ; standing time, 2-3 hours longer.
Quantity—4 persons.

N.B. Sorry for cheating but it is a nice dessert . . Ed.

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KIDNEY SAUTE (Njursauté)

- 1 lb. kidney (veal or other kidney)
- $\frac{1}{2}$ lb. mushrooms
- 1 tablespoon butter or margarine
- Salt and white pepper

- Sauté:*
- $1\frac{1}{2}$ tablespoons butter or margarine
 - 1 tablespoon flour
 - $\frac{1}{2}$ cup beef stock
 - 2 tablespoons Madeira or Sherry
 - $\frac{1}{4}$ pint cream
 - Salt and white pepper

Wash and clean mushrooms, cut them in thin slices and cook slowly in butter or margarine for 10 minutes. Season with salt and pepper. Remove most of the fat and the heavy veins from the kidney, cut it in slices or in cubes. Heat butter or margarine in pan, add the kidney and brown evenly. Season and add the mushrooms. Sprinkle the flour over the mixture and stir till blended. Now add the stock, wine and cream, gradually while stirring. Cook over a low heat for 10 or 15 minutes and season to taste. Serve hot.

Time—30 minutes.

Quantity—4 persons.

VEGETABLES AU GRATIN (Grönsaksgratin)

- 1 small head cooked cauliflower
- 1 lb. cooked carrots, sliced
- 6-8 ozs. cooked fresh or frozen peas
- 4 sliced tomatoes—skinned

- Sauce:*
- 2 tablespoons butter or margarine
 - 2 tablespoons flour
 - $\frac{1}{4}$ pint of cream
 - $\frac{1}{2}$ pint vegetable stock or milk
 - Salt and white pepper
 - 2 egg yolks
 - 5 or 6 ozs. grated cheese

Cook the vegetables, preferably in a pressure cooker and retain the water in which they were cooked.

Melt the butter or margarine in a saucepan and stir in the flour. Add cream and stock, or milk, gradually while stirring. Cook slowly for 10 minutes. Remove from the heat, add the beaten egg yolks. Bring to the boil while stirring. Remove from the heat and continue to stir till thick and smooth. Season to taste.

Arrange all the vegetables except the tomatoes in a well buttered baking dish. Pour sauce over and arrange tomatoes in a circle around the edge of the dish. Sprinkle salt and pepper on the tomatoes and the grated cheese over the whole dish. Place under a grill or in a very hot oven until golden. Serve immediately either as a separate dish or with ham or sausage.

Time—Actual dish, 30 minutes; cooking vegetables in a pressure cooker about 12 minutes extra.

Quantity—6 persons.

WALNUT MERINGUES

- 2 egg whites
- 5 ozs. castor sugar

- 3-4 ozs. walnuts (or other nuts)

Mix the egg whites and the sugar in a bowl. Have some water in a saucepan almost boiling but do not allow to boil. Place bowl over water and whisk mixture continuously till it thickens, about 15 minutes. Have ready some chopped walnuts (or other nuts), fold them into the mixture. Drop teaspoons of the mixture on a well greased baking dish and bake in a very slow oven (200° F.) until they are a light yellow colour, about 30 minutes.

Time—50 minutes.

Quantity—10-12 meringues.





KITCHEN

FRENCH PEAS (*Pois à la Française*)

2 lbs. fresh garden peas
2 or 3 ozs. butter or
margarine
Bouquet garni (*thyme, parsley,*
bay leaf)

Sugar (*a pinch*)
1 *lettuce heart*
2 or 3 *button onions*
Salt and pepper
1 *teacup of water*

Pod the peas and put them in a saucepan with the butter or margarine. Add the quartered lettuce heart, a few button onions, the bouquet garni, a pinch of salt and sugar, pepper and the water. Bring to boiling point quickly, then reduce heat and cook slowly, with lid on for about three quarters of an hour, if necessary add a little more water. Before serving remove bouquet and reduce liquid to about 1 or 2 dessertspoonfuls, add a nut or two of butter or margarine and serve directly. Some people like this dish with a pronounced sweet flavour.

Time—50-60 minutes.

Quantity—4-6 persons.

ARTICHOKES A L'ITALIENNE (*Artichauts à l'Italienne*)—Globe

4 *artichokes*, allow 1 small or
 $\frac{1}{2}$ a large one per person
1 *teaspoon flour*
1 *tablespoon white cooking wine*

$\frac{1}{4}$ *pint of stock* (1 *cube of stock*)
 $\frac{1}{2}$ *oz. butter or margarine*
1 *ablespoon grated cheese*
2 *tablespoons breadcrumbs*

Remove the leaves and the heart of the artichokes, keep only the bottoms, trim them well. Place in cold salted water, having them not quite covered. Cook for 45 minutes without a lid on saucepan. Drain and keep warm in a cloth. Prepare following sauce—Melt butter or margarine, add flour, and stock gradually and cook a little, remove from heat and mix in the grated cheese and the white wine. Replace on heat and cook slowly for 10 or 15 minutes, stirring continuously (not allowing mixture to boil). Place artichokes in oven-proof dish, pour sauce over them, sprinkle with breadcrumbs and brown in the oven (about 15 minutes).

Time—About 1 hour; prepare sauce while artichokes are cooking.

Quantity—4 persons.

ASPARAGUS A LA POULETTE (*Asperges à la Poulette*)

Asparagus, allow 6-8 *pieces per*
person, 24-32 *pieces*
 $\frac{1}{4}$ *pint water*
Salt and pepper
1 *tablespoon cream*

1 *oz. butter or margarine*
1 *tablespoon flour*
 $\frac{1}{4}$ *pint milk*
Yolk of 1 egg
1 *dessert spoon chopped parsley*

Wash asparagus well, scrubbing the white ends and scraping them downwards. Place in bundles of about 12 large or 24 small with the tops level and trim ends. Cook in boiling salted water, covering the thick ends with water, the heads cook in the steam. Place lid on boiler. Takes about 20-25 minutes. Should be crisp at thick ends, and tips should not be over cooked or they will fall off. Drain well and keep hot. In a saucepan melt the butter or margarine, add the flour, cook for a few minutes, add water, milk, salt and pepper and cook for 10 or 15 minutes. Just before serving stir in the yolk of egg (removing from the heat) the cream and the chopped parsley. Pour over the asparagus. Serve directly. (N.B.—After addition of egg yolk sauce must not boil).

Time—About $\frac{1}{2}$ hour, cooking sauce while asparagus is cooking.

Quantity—4-5 persons.

DRYING HERBS

Thyme, tarragon, sage, parsley, mint etc. Pick the herbs fresh from the garden, when the plant is coming into flower (early in the morning on a sunny day). Dry in an airing cupboard, then press through a sieve, put into airtight glass jars, add a pinch of salt and a scraping of dried lemon peel on top and store in a dark place. This helps the herbs to retain their green colour and to keep their flavour. They should last throughout the winter. This is a very much better method than hanging them up in the kitchen, where they lose most of their flavour and collect a lot of dust.

Fruit Jellies

APPLE JELLY

Unpeeled, quartered apples. Their weight in sugar.
Time— $1\frac{1}{2}$ -2 hours.

Cover quarters of unpeeled apples with cold water. Boil and cook thoroughly. Put apples in a strainer with a piece of muslin lining it and squeeze out all the liquid. Add equal quantities of sugar as you have of liquid (in weight) and boil for 40 minutes. Cool, bottle and cover tightly. The apples left in the strainer can be used, sweetened in tarts and pies.

GOOSEBERRY JELLY

Gooseberries, topped and tailed. Their weight in sugar.
Time—About 2 hours.

Top and tail the gooseberries. Put them in a bowl in a slow oven with little or no water. When the gooseberries are cooked, strain the juice they have yielded and boil the juice with its weight in sugar on top of the oven for about $\frac{1}{2}$ an hour. Allow to cool, bottle and cover closely. Keep the solid parts that remain in the strainer, sweeten and use in pies and tarts.

RASPBERRY AND BLACKCURRANT JELLIES

These are made the same way as the Gooseberry Jelly.

When the pectin of fruits is changed into pectic acid the result is jelly. Certain fruits, such as apples, gooseberries, blackcurrants and raspberries have more pectin in them than others. Hence these jelly quite simply under certain conditions.

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CAKES and PASTRIES

3 ozs. of sweetened chocolate
melted or 3 tablespoons cocoa
 $\frac{1}{2}$ pint cream

Time—About 60 minutes.
Quantity—6-8 persons at least.

2 ozs. butter or margarine
 $\frac{1}{2}$ teaspoon baking powder
 Pinch of salt
 Cream 7d. size carton
 1 tablespoon castor sugar

Time—Making and cooking, about 55 minutes.
Quantity—Makes 6 largish puffs.

$\frac{1}{2}$ lb. fruit (sliced apples,
strawberries or apricots)
 $\frac{1}{4}$ pint whipped cream

Time—45-50 minutes.
Quantity—4-6 persons.

[illegible]



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Party

Savouries

BUREK (Turkish origin)

$\frac{1}{2}$ lb. flaky pastry
1 egg
Oil or fat for deep frying
 $\frac{1}{4}$ lb. cream cheese (or cooked spinach)
Bunch of fresh mint

Roll out pastry very thinly, cut in 2 inch squares. Add beaten egg to cream cheese and put a teaspoonful of this mixture in the centre of each pastry square, sprinkle with a little chopped mint. Fold over pastry to form a triangle. Fry in deep fat till golden in colour. Drain and serve directly. The pastry used is called 'Fila', it is very like flaky pastry, and as far as I know, this oriental pastry cannot be bought in Ireland.

Time—About 15 minutes.

Quantity—As pastry is very thin, should make 8-12 pastries.

SALAMI ROLLS

24 thin slices of salami	$\frac{1}{4}$ pint cream
1 tablespoon grated horseradish	12 tiny sprigs of parsley
12 pieces rough brown bread or rye	butter

Cut the bread in oblong strips, the length being as long as the diameter of the salami slices, and the width, half as long. Whip cream stiffly and add to it the grated horseradish, put 1 teaspoon of this mixture in each slice of salami, and roll. Place two such rolls on each slice of buttered bread and put a tiny sprig of parsley on top.

Time—About 15 minutes.

Quantity—12 persons, 1 per head.

TOMATO AND CUCUMBER SQUARES

6 squares of toast, $1\frac{1}{2}$ " square	$\frac{1}{4}$ lb. liver sausage
1 tomato, skinned	3 thin slices of cucumber—do
12 tiny sprigs of parsley	not peel cucumber
A few drops of lemon juice	Salt and pepper

Remove skin from liver sausage and cut in 6 thin slices. Spread evenly on toast. Cut 3 thin slices of tomato and cut them in halves. Place a tiny sprig of parsley at two opposite corners of the toast and put a half a round of tomato on the diagonal. Cut the slices of cucumber in quarters and place two quarters overlapping on other half of toast. Season with a little salt and pepper and squeeze a drop or two of lemon juice on each square.

Time—10 minutes.

Quantity—6 persons.

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FILET DE BOEUF ST. GEORGE

Marinate your fillet for at least 24 hours in a dry red wine with olive oil, thyme, marjoram, freshly ground black pepper, a *little* salt, two finely sliced onions and one clove of garlic. Turn frequently. Wrap the fillet in thin slices of fat bacon and secure with string. Place a large shallow casserole in a fairly hot oven (Mark 5) containing butter. When hot enough cook your fillet for 15 minutes each side. During this process have the marinade heating on top of the stove. Now, continue to cook the fillet for a further hour, basting with the hot marinade every few minutes.

When cooked, drain off the marinade and thicken with a roux. When boiling, season (*careful* with the salt), add a glass of Marsala and a glass of Cognac and strain.

Serve the fillet with the sauce poured over it and surrounded by mushrooms saute in butter, after having removed and discarded the bacon.

COTE DE PORC EVE

Cook $\frac{3}{4}$ lb. finely sliced onions in oil and/or butter until golden—*not* crisp, in a large shallow pan. Add 6 chopped and skinned tomatoes which have been well seasoned with salt, pepper and a little sage. (Easy way to peel tomatoes—hold on a fork over a medium gas flame turning so that all the surface is slightly burned—the peel will then rub off easily on the thumb). Now lay four 6 oz. pork chops on top of the onions, cover the pan and reduce flame to a low simmer. Turn chops after 10 mins. and cook until tender. Serve with thinly sliced uncooked eating apples very lightly sprinkled with cinnamon.

An old Irish dish revived — DUBLIN CODDLE

Put $\frac{1}{2}$ lb. Collar Bacon rashers, 4 Pork Sausages, 1 large onion sliced, 1 Pig's Kidney cut into four into a stewpan, just cover with water and cook at a medium heat for 20/25 minutes—don't season until cooked. Sounds uninteresting, but just try it !

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Complete your colour scheme with Marleyfilm or Marleydecor—the vinyl asbestos wonder surface for tables, shelves etc., anywhere that a colourful, easy to clean surface is required.



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Champagne

BY THOMAS WHELEHAN



Champagne is the greatest of all wines. It is always acceptable, always in order and always dependable. It is just as enjoyable to drink early in the morning as it is late at night, it is a truly amazing wine with a charm and elegance all of its own. One of the greatest fallacies about Champagne is that it is over rated. Good Champagne cannot be over rated nor can it be compared, it is the finest and fairest of all sparkling wines, be it sweet or dry or somewhere in between. There are three types of Champagne. Blanc des Blanc which is made from white grapes only and is much lighter than the other two. Pink Champagne which is no better or no worse than ordinary champagne and gets its colour by allowing the wine to extract some colour from the skins of the grapes at the first fermentation stage. And finally the ordinary champagne, vintage and non vintage, which has a beautiful golden colour.

REIMS

The Champagne country lies due east of Paris and west of the Vosges mountains. The centre of the province and indeed the centre of the whole industry is Epernay which lies seventeen miles south of Reims. All the big firms engaged in the making of Champagne have their headquarters in either of these towns. Champagne is made mostly from black grapes of the very best strains (pinot noir). This is made possible by getting the grapes as quickly as possible to the presses and not allowing the extracted juices to remain in contact with the skins of the grapes (which contain the colouring matter). As soon as the juice passes down into the vats below fermentation begins.

The grapes are grown on what would be considered, by agricultural standards as poor soil but the vines do wonderfully well in it. As soon as the harvest begins the grapes are brought to the nearest roadside where they are vetted by experts who snip off any defective grapes, for only the best is good enough for Champagne. They are then rushed to the pressing station or Vendangeoir of the firm who own or bought the vineyard produce. They are then weighed and immediately tipped into the big oak press and pressed. Fermentation now begins and soon the grape sugar is converted into alcohol and we now have wine in its crude state so to speak. The wine is then run off into forty gallon casks and immediately transported to the cellars of the firm who will finally sell it off as Champagne. Champagne unlike the clarets and burgundies is not the product of any individual vineyard but a blended wine from several vineyards in a given year if it is vintage wine, and a blended wine of the produce of a number of years if it is non vintage. Unlike the other french wines Champagne is none the worse for this and great credit must go to the tasters and blenders who decide which wines to mix with which. As soon as the wine arrives at the headquarters the tasting begins. It takes great skill to judge and access these raw young wines.

The next problem is to mature the wine and get the sparkle into it. The bubbles in Champagne are really tiny droplets of liquid being chased all over the place by carbonic acid gas. This gas is really the product of the fermentation, sugar-alcohol is formed and the gas is given off. So all that has to be done is to bottle the wine, add a certain amount of sugar and put the bottles away to undergo a second fermentation. This however again calls for great skill as too much sugar and the bottle will have too much gas and possibly explode, to little and the wine will be flat. This second fermentation brings its own problems, for every wine throws a sediment as it ferments. This sediment must be removed without any loss of gas or wine. This is a tedious process. The wines are taken from the piles and placed on special grids. Every second day a man comes down the line and gives the bottles a few rotating tremors and pushes the bottle forward just a little. The sediment is gradually worked up to the neck in this manner. Finally when the bottle is almost upside down the time comes for the removal of the sediment. In the old days this was done by pulling out a cork for a fraction of a second to allow the sediment to be blown out, and then re-capping. This was a very wasteful method as a lot of wine was lost. It was on account of this that the gold foil paper was put around the neck so that the loss of wine would not be noticeable. However, nowadays the necks of the bottles are put into a freezing apparatus and when the sediment and surrounding wine is frozen the cork is taken out and the frozen sediment is easily removed. It is at this time also that the wine is made sweet or dry, as the French like their Champagne sweet and the English like theirs dry, so depending on which market the wine is destined for, anything from a $\frac{1}{2}$ per cent to five per cent of sweet liqueur is added and the bottles are corked for the last time and wired on. The wine is given some time to absorb the sweetened liqueur and is then ready for marketing. Most good firms prefer to keep their Champagne for a while longer even a few years, as the wine loses some of its acidity with keeping.

The label on the bottle will tell you the name of the shippers and those responsible for the wine, the vintage year, if any, and whether it is sweet or dry etc. Of these the first is the most important. For a good firm will never let you down nor will they sell their Champagne as vintage wines unless they are of good quality.

When serving Champagne make sure the glasses are dry and well polished, otherwise the wine will not give its true sparkling display. If you have not got the conventional type of glass (flat and shallow) do not be dismayed, for the experts deem them as being most unsuitable and they prefer a tulip shaped glass. Always serve it cold but not too cold, about fifteen minutes on ice is very satisfactory. The smaller the bubbles the better the Champagne, so watch the bubbles, they are fascinating and informing. Treat your Champagne with respect and do not stir it or put ice in it. Champagne more than twelve years old should be avoided as there is a chance that it may be going flat and like all white wines they maderize (turn brown and musty). Always store Champagne bottles, and indeed all wine bottles, on their sides. Finally never miss an opportunity to drink good Champagne.

Bouquet to Good Taste

Truly a thoroughbred among Sherries! Not too sweet, not too dry, possessing a rich nutty flavour that makes it the acknowledged choice of the Connoisseur. For your next big 'Occasion' serve 'Prince Regent' Sherry as a special compliment to your guests.

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Grafton Street, Dublin.

Each Tuesday evening at 8 p.m.

Starting Tuesday, 16th September

Each Thursday evening at 8 p.m.

Starting Thursday, 18th September

A number of films on food and wine have been secured from local sources and from abroad
U.S.A., France, U.K., Germany, etc.

These will be shown at the termination of the lectures on various evenings.

Should your friends be interested in good cooking, on receipt of a postcard we shall send them a free copy of this magazine, so they may know the kind of dishes to expect when they come to the demonstrations.

*For any further information, Advance Bookings or free copies of
"GOOD FOOD" phone DUBLIN 70407.*

Recipe Book



With the Compliments of
MITCHELSTOWN CREAMERIES
MITCHELSTOWN, Co. CORK.



My Dear Housewife,

This Recipe Book is presented to you with the compliments of Mitchelstown Creameries, the name of which is synonymous with Cheese. Its object is to stimulate an intelligent interest in

the use of Cheese as a food which can be used in so many different and appetising ways. It is also intended as a guide to the nutritional value of Cheese. It is a regrettable fact that Ireland as a nation is one of the lowest consumers of Cheese in the world, so that there is a vast field for development.

We trust you will find the recipes useful and that you and your family will enjoy the dishes which are recommended.

Yours most sincerely,

MITCHELSTOWN CREAMERIES

J. J. LYNCH, *Manager.*

MITCHELSTOWN CREAMERIES

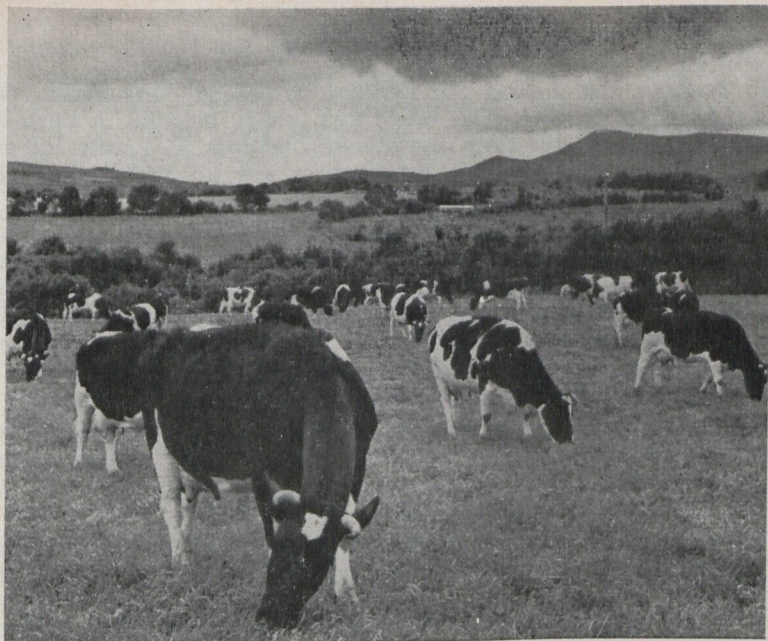
The historic town of Mitchelstown, Co. Cork, scene of the shooting in 1887, of John Mandeville, Irish Land Leaguer and patriot—a town of some two thousand inhabitants, stands neatly at the borders of North Cork and Co. Tipperary, at the south-western corner of the lovely Galtee Mountains.

Apart from its historic interest Mitchelstown is the centre of a great agricultural district.

Mitchelstown Creamery, the town's major industry, is now internationally famous for its large-scale production of cheese and butter.

As far back as 1918, this flourishing concern, which now has an annual turnover of over two million pounds, had its modest beginnings, when a handful of local farmers, under the leadership of Mr. Cornelius O'Brien, their present Chairman, started a small creamery, on a co-operative basis.

In 1926 these pioneers started the manufacture of cheese—a project they developed throughout the late nineteen twenties and early thirties, till by 1932 they had become co-operative cheese-makers in a big way, 2,000 members strong, with twelve creameries to their credit, spreading throughout the counties of Cork, Tipperary and Limerick.



Good Cheese

Food experts have been telling us for some time that all over the world, people are eating more and more Cheese. This is not in the least surprising, since to-day, newspapers, magazines, broadcast and T.V. features have all stressed the importance of good health.

Open-air activities, such as swimming, tennis, foot-ball, hiking, are encouraged and attention to sensible diet—diet that gives us just the right amount of essential mineral salts, vitamins, protein and carbohydrates. For if we don't get enough of these mysterious, but extremely important things, we just won't have enough energy to either work or play.

The manufacture of Cheese is a complicated, highly skilled process, but roughly speaking, it is the treatment of milk, to form a curd, which is allowed to ferment and mature.

No one knows who made the first-ever Cheese, but there's an age-old story that the first man who ate it, liked it enormously, even though he made it quite by accident. The story goes that he was an Eastern merchant who lived in the days before the Bible, who, before setting out on a long, dusty journey across the desert, poured his supply of milk into a pouch. This pouch was made from a sheep's stomach and the rennet in it, affected by the blistering heat of the sun, caused the milk to separate into curds and whey.

By night-fall the poor merchant was parched with thirst and put his lips to the pouch, to get a drink of milk. The 'milk' had a very odd taste, but he found it extraordinarily thirst-quenching.

He noticed that there were curds remaining in the pouch and being very hungry he took a mouthful and found them not only appetising, but wonderfully sustaining.

Anyhow, it is well established from history, that Cheese was one of the most highly prized foods of the East, four thousand years ago. It was introduced to Europe by Arabian travellers, where cheese-making

became a local farm industry.

In England and Ireland the farmers' wives and dairy-women made cheese from the surplus milk, which was usually plentiful in those days of limited transport and poor distribution conditions. In France and other European countries, however, the farmers saw to the cheese-making themselves.

This state of affairs continued until the middle of the last century when America hit on the idea of building a cheese factory in New York State. This was in 1851. Soon Europe followed suit. But it was not until 1918—sixty seven years later—that a small Creamery was started by Irish farmers, in Mitchelstown, Co. Cork.

To-day—forty years later—this one-time small concern has grown into a vast co-operative effort, with 2,000 members and 600 employees.

Although a many-sided business, with its butter and cream plants; Chocolate Crumb and Milk Powder factory; Grain Drying; Cattle-breeding; Model Farm and so on, Mitchelstown Creameries is most widely known for the excellence of its cheese products.

These include *Irish Cheddar*, a fine good-keeping, hard cheese, which is made from full-cream pasteurised milk. This *Irish Cheddar* can be eaten when it is three or four months old, by people who like a cheese with a mild nutty flavour, but if you want to get its full mellowness, you must allow it time to mature and eat it when it is nine months old.

Irish Cheddar is also marketed under the brand *Calvita* and *Galtee* as a pasteurised packaged cheese. Another popular Mitchelstown cheese is *Irish Cheshire*. It also is made from full-cream milk and has a sharp, extremely appetizing flavour.

Then there's *Irish Caerphilly*—which is small and round and very white. Its mildly acid taste is delicious for out-of-door meals especially. This cheese ripens early and can be eaten when fairly 'young'.

Irish Gruyere, is probably one of the most popular of Mitchelstown's six varieties of cheese. It is a pale straw-coloured cheese, with a smooth plastic surface. Easily recognised by the holes (called "eyes") which punctuate its body and its sweet aromatic flavour.

If you like, you can buy it as a pasteurised packaged cheese under the brand *Whitethorn*. This is a firm favourite for quick lunches and picnic-baskets. Or if you like a spreading *Gruyere*, there is another packaged pasteurised variety—*Three Counties*, which is so handy for sandwiches, for the office lunch, for the quick snack, or spread on biscuits as a base for a cocktail savoury.

Again, for those of you who like the clean taste of celery, there's yet another spreading *Gruyere*—*Mellory*—which is simply delicious.

In fact if you have a preference for Dutch Cheeses, say of the *Gouda* type there is *Irish Cottage Cheese*. This is a pale primrose yellow cheese, with a creamy mild flavour, which grows piquant with age. Like *Irish Gruyere*, *Irish Cottage Cheese*, has a smooth plastic appearance and its surface is punctuated with holes ("eyes").

Then there is another cheese of the Dutch type—called *Irish Edam*. This is pale yellow and is made in small spheroids, each weighing about 4 lbs., which have bright red skin. This *Irish Edam* is a close close-textured cheese with a small number of "eyes". It has a sharp and quite individual flavour.

Mitchelstown also has gone in for the adaptation of Danish cheese. *Irish Samsoe*, a very pale yellow cheese, with a mild nutty flavour, whose surface is firm but somewhat open with holes.

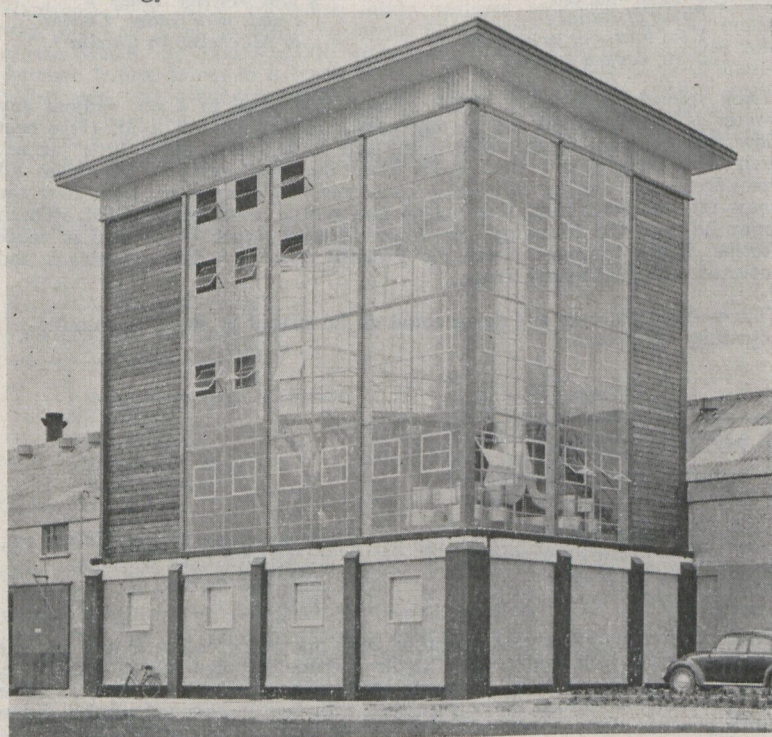
A most appetising cheese spread called *Mandeville* contains the characteristics of both the *Gouda* and the *Samsoe* varieties. *Mandeville* is a light delicately flavoured cheese, which is remarkably smooth and spreadable. A further development of this type has led to the production of Savoury Cheeses, which so far include *Cheese and Onion* and *Cheese and Tomato*.

This flourishing cheese industry in Ireland reminds us that in the olden days, Ireland had the secret of several celebrated cheeses.

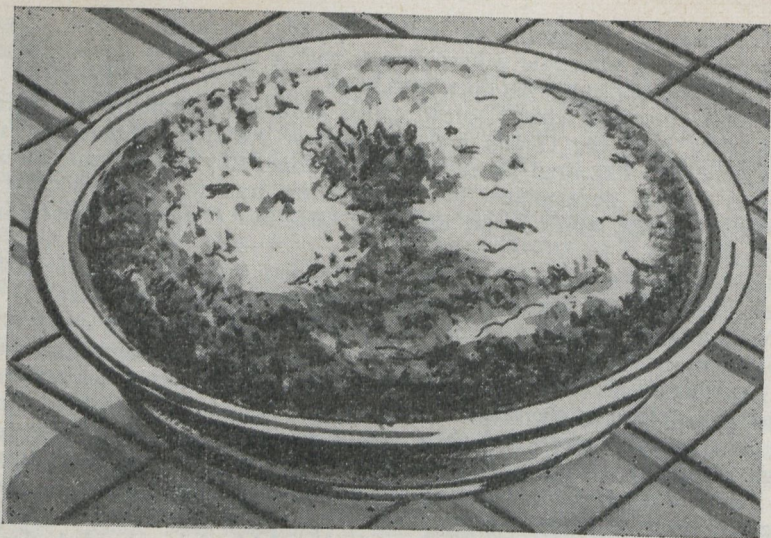
According to Professor O Se, of University College, Cork (who wrote an article on the subject in the *Cork Historical and Archaeological Journal*) the art of cheese-making was only lost in Ireland after the economic depression following the English conquests of the 16th and 17th centuries. He tells us that before that there was *Tanag*, a hard cheese made from skim milk made in small moulds. *Grus*, a hard cheese, most likely similar to *Tanag*. *Faiscre Grotha* (literal translation of "Compression of Curds") a curd cheese which was eaten fresh. This cheese was so small that "a woman could carry several of them in the fold of her hooded cloak", we are told.

Cheese is of value in our diet, because apart from being tasty, it is an especially high nutrient. In other words it is rich in those mineral salts, vitamins and proteins that we've already seen are so necessary to health and energy.

JULIA MONKS



The Spray Drying Plant—one of the modern buildings at Mitchelstown—the home of good cheese.



FLORENTINE EGGS

4 eggs
 Pepper and salt
 Pinch of nutmeg
 1 oz. butter or margarine
 2 lbs. cooked spinach

$\frac{1}{4}$ pint cream
 $\frac{1}{2}$ pint Mornay Sauce
 (made with Galtée, Calvita
 or Mitchelstown Cheddar)

Cook spinach as follows: Wash spinach and place in a pot without any water as it will provide all the necessary moisture to cook itself. Have heat low and cook till tender, then drain and chop finely, add a little pepper, salt and nutmeg and stir briskly over the heat again to eliminate all moisture. Add the butter, stirring well, then add the cream, leave over the heat till sufficiently dry. Warmed up and a little more cream added, spinach may be used the following day. Make Mornay Sauce as directed in sauce recipe. Poach the eggs. Serve the poached eggs on a bed of spinach and covered with the Mornay Sauce.

Time—Spinach, eggs and sauce could all be cooked in about 30 minutes.
 Quantity—4 persons.

POTATO CHEESE

6 freshly cooked potatoes
 $\frac{1}{2}$ oz. butter or margarine
 $\frac{1}{4}$ – $\frac{1}{2}$ pint of milk
 Chopped parsley

2 ozs. grated Galtée, Calvita or
 Mitchelstown Cheddar
 Salt and pepper
 Parsley

Mash cooked potatoes very smoothly, melt margarine or butter and add the potatoes, milk, salt and pepper. Remove from heat and stir in the cheese. Replace on heat only for a second or two, as much direct heat is liable to make cheese stringy. Serve garnished with freshly chopped parsley. Serve with poached eggs, scrambled eggs, raw or cooked tomatoes or lettuce.

CHEESE SALAD

$\frac{1}{2}$ lb. *Whitethorn* or
Mitchelstown Gruyere
1 teaspoon grated horseradish
 $\frac{1}{2}$ teaspoon pepper
1 lettuce

6 hard-boiled eggs
 $\frac{1}{4}$ pint of sour cream
 $\frac{1}{2}$ teaspoon salt
A little cumin seed

Cut cheese into 1 inch cubes, chop eggs finely and combine. Add cream and seasoning and mix lightly with a wooden spoon. Arrange on a bed of lettuce.

Time—About 15 minutes, including hard-boiling eggs.

Quantity—4-6 persons.

SIMPLE SALAD

Salad dressing or mayonnaise
Olive oil
Wine vinegar
Grated Galtee, Calvita or
Mitchelstown Cheddar
1 oz. per generous helping

1 lettuce
4 tomatoes
Salt and pepper
3 hard-boiled eggs
 $\frac{1}{4}$ cucumber

Hard-boil eggs. Slice cucumber thinly without removing skin, sprinkle with salt and allow to stand for about 30 minutes, this brings out much of the water, dry and sprinkle with a little wine vinegar and olive oil. Arrange lettuce leaves in a bowl, place a circle of alternate slices of hard-boiled egg and cucumber around edge, inside this place a similar circle of sliced tomatoes and in the centre place a mixture (cut in dice) of the remainder. Sprinkle with a little mayonnaise and sprinkle grated cheese over all. This adds greatly to the nourishment of a very plain salad.

Time—15-20 minutes.

Quantity—4-6 persons.

PARISIAN SALAD

$\frac{1}{4}$ lb. cooked white of chicken
Olive oil
Wine vinegar
1 teaspoon cream
1 head of lettuce

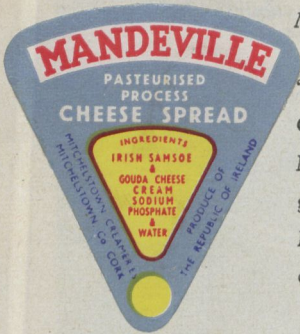
$\frac{1}{4}$ lb. eating apples
 $\frac{1}{4}$ lb. *Whitethorn* or
Mitchelstown Gruyere
Salt and pepper
2 tablespoons mayonnaise or
salad cream

Cut the apples finely like matches, cut the cooked chicken very finely and grate the cheese (or cut in tiny cubes). Season with oil and wine vinegar (one part vinegar to two parts olive oil), adding salt and pepper and making roughly, one tablespoon of dressing. Add the cream and the mayonnaise and mix all ingredients well. Allow to stand for one hour before serving. Just before serving garnish around with lettuce leaves. This is an excellent way of using up cold chicken.

Time—Preparation, 15 minutes, standing time 1 hour.

Quantity—4-6 persons.

Variety from



MANDEVILLE

"Mandeville" made from Irish Samsø and Gouda Cheese has a delicate nutty flavour.

Mandeville Cheese and Tomato; Full ripe tomatoes gently blended with Mandeville Cheese.

Mandeville Cheese and Onion; Delicate onion flavour combined with Mandeville Cheese.



THREE COUNTIES

"Three Counties" is a spreadable Irish Gruyere with added milk protein, lactose, butter and cream. With all this goodness no wonder it is unrivalled in popularity.



WHITETHORN

"Whitethorn" is a full-flavoured Irish Gruyere with a gentle aromatic flavour which is most pleasing to the discerning palate. When cubed it is an excellent addition to many salads.

Mitchelstown

CALVITA

"Calvita" is a mild Irish Cheddar Cheese with a creamy flavour and delicate texture. It is recommended for young people because of its excellent nutritive value for vitality and growth.



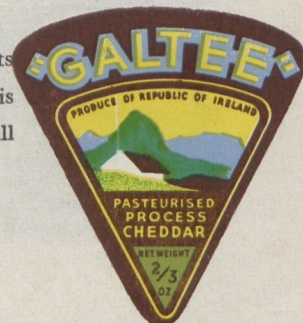
MELLORY

"Mellory" is a smooth blend of Gruyere Cheese and Celery; a wonderful combination which gives a unique flavour and is especially appealing in sandwiches and savouries.



GALTEE

"Galtee" is a long established favourite because of its pronounced but mellow Cheddar Cheese flavour. It is easily digested and is rich in the goodness of full cream milk.



SOLE OR TURBOT MORNAY

4 fillets of sole or turbot
Pepper and salt
2 ozs. grated Galtée, Calvita or
Mitchelstown Cheddar

Fish stock or water and white
cooking wine or plain water
 $\frac{1}{2}$ - $\frac{3}{4}$ pint of Mornay Sauce, see
under Sauce Mornay recipe

Poach the fillets of sole or turbot flat in whatever liquid you choose from the above. When cooked remove and drain. Cover with Mornay Sauce sprinkle with grated cheese and brown very quickly under the grill. Serve immediately.

Time—Cooking sauce and fish, about 25 minutes.
Quantity—4 persons.

RISSOTTO

2 onions
4 ozs. Italian type rice (round)
8 ozs. liver or beef
1 pint stock or water
2 slices of fat bacon
6 ozs. Galtée, Calvita or
Mitchelstown cheddar

2 ozs. concentrated tomato
puree
4 ozs. mushrooms
1 oz. butter or margarine
 $\frac{1}{8}$ pint white wine (cooking wine)
Salt and pepper

Heat margarine or butter in a pan. Add the diced bacon, chopped mushrooms and sliced onions, cook for 4 or 5 minutes without browning then add chopped liver or beef and fry for a further 5 minutes. Now add the rice and continue cooking till the rice looks transparent, about 5 minutes. Add the cooking wine and cook very fast till the wine bubbles, keeping it bubbling for 4 or 5 minutes. Mix the tomato puree with the stock or water and add this liquid slowly to the mixture in the pan, allowing the rice to absorb it gradually. When the rice is soft and practically all the liquid absorbed add a nut of butter or margarine and turn into a heated serving dish. Serve liberally with grated cheese.

Time—30-40 minutes.
Quantity—4-6 persons.

VENETIAN EGGS

3 eggs
 $\frac{1}{2}$ pint of strained tomato
juice or puree
Salt and pepper
1 oz. butter or margarine

$\frac{1}{4}$ lb. grated Whitethorn or
Mitchelstown Gruyere
Sprig of parsley
Hot-buttered toast

Melt butter or margarine in top of a double boiler, add grated cheese and stir till melted. Pour in tomato juice or puree and when this begins to thicken add the eggs which have been previously lightly beaten. Season with salt and pepper and serve on hot-buttered toast, or serve in separate serving without the toast and garnished dishes, with a little parsley.

Time—15 minutes.
Quantity—2-3 persons.

MORNAY SAUCE

$\frac{3}{4}$ pint milk
 $\frac{3}{4}$ oz. flour
 Pepper
 $\frac{3}{4}$ oz. butter or margarine

1 egg yolk
 1 tablespoon grated Galtee,
 Calvita or Mitchelstown
 cheddar

Melt the butter or margarine in a saucepan, add the flour, stir and cook for 5 minutes, without browning. Then add the milk, season with pepper and simmer gently for 10 minutes. Stir in the finely grated cheese and keep stirring till cheese has melted and then add beaten egg yolk. Do not allow to boil once the cheese has been added. Serve directly. Excellent with sole, turbot, poached eggs, cauliflower etc.

Time—15 minutes.

Quantity—4-6 persons.

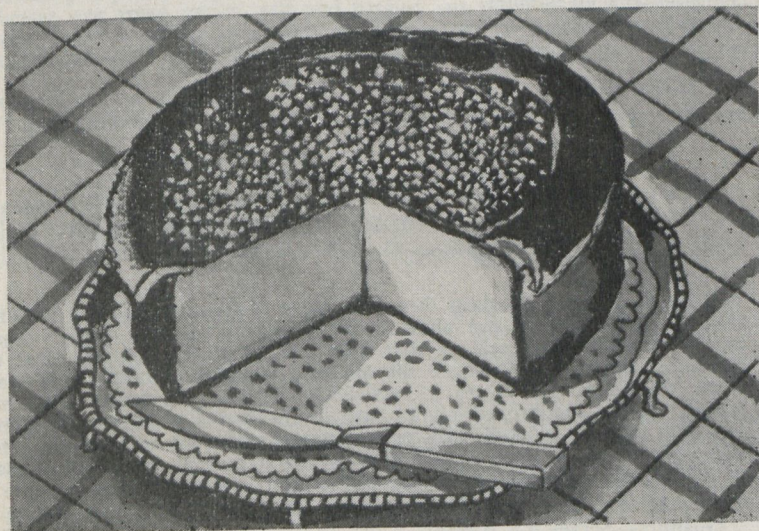
CHEESE CAKE

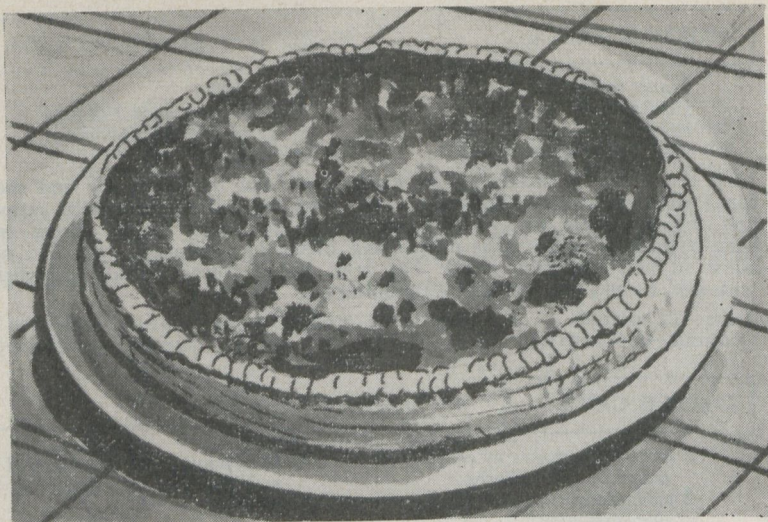
8 level tablespoons of crushed
 water biscuit crumbs
 2 tablespoons melted butter or
 margarine
 A pinch of salt
 $\frac{1}{2}$ teaspoon grated lemon rind
 6 ozs. Mitchelstown Cottage
 cheese

1 tablespoon of finely chopped
 nuts (put through mincer if
 desired)
 $5\frac{1}{2}$ level tablespoons sugar
 $\frac{1}{2}$ teaspoon of ground cinnamon
 1 egg
 $1\frac{1}{2}$ teaspoons lemon juice
 4 tablespoons cream
 1 tablespoon flour

Mix crumbs with sugar, cinnamon and butter. Reserve 3 tablespoons of mixture to sprinkle over the top. Press the remainder into a 5 or 6 inch flan tin, lining bottom and sides. Beat egg with remaining sugar until light, add salt, lemon juice, lemon rind, cream, cheese and flour. Beat thoroughly and strain through a sieve or Moulinette. Pour into the already lined tin. Sprinkle with the remaining mixture and the chopped nuts. Bake in a moderate oven (about 350 F) for about 1 hour or until centre is firm. Turn off heat, open oven door and allow it to stand in the oven about 1 hour till cooled.

Time—Preparation, 15-20 minutes, cooking and cooling—a little over 2 hours.
 Quantity—4 persons.





QUICHE LORRAINE

1 oz. *grated Whitethorn or
Mitchelstown Gruyere*
2 or 3 *slices of cooked rasher*
 $\frac{1}{2}$ *lb. short crust or flaky pastry*

1 *egg*
1 *slice of cooked ham*
 $\frac{1}{2}$ *pint of cream*

Make pastry (or buy ready-made pastry) and line a greased flan tin with it, prick here and there to prevent puffing (if desired it can be cooked 'blind', without the filling). Spread over the pastry a layer of grated cheese and on top of that place a layer of cooked bacon cut into small pieces and over that some cooked ham cut into small squares. Pour over the lightly beaten egg and cream. Bake in a moderate oven for about 35 minutes. Serve hot.

Time—About 40 minutes.

Quantity—Serves 4 persons.

PIZZA PIE

$\frac{1}{2}$ oz. *grated Whitethorn or
Mitchelstown Gruyere*
3 *tomatoes*
2 *medium sized onions*
A little dried Rosemary
1 *tablespoon olive oil*

6-8 *fillets of anchovies*
2 or 3 *ripe black olives*
 $\frac{1}{2}$ *lb. short crust or flaky pastry*
 $1\frac{1}{2}$ *tablespoons butter or
margarine*

Peel tomatoes and pass them through a seive or Moulinette. Heat the olive oil, add the tomatoes and allow them to reduce till their natural liquid has evaporated. Cook well so that they form a paste. Peel and cook the onions in butter or margarine till soft and slightly coloured. Have ready a pie tin lined with pastry $\frac{1}{4}$ inch thick. Sprinkle the pastry shell with grated cheese, add cooked onions and a few pieces of Rosemary. Cover top with cooked reduced tomatoes. Arrange anchovies in a lattice effect and put a piece of ripe stoned olive in the centre of each square. Bake in a moderate oven till crust is golden brown. Serve hot.

Time—About $\frac{1}{2}$ hour.

Quantity—Serves 4-6 persons.

Friday Dishes

TOMATO AND CHEESE CASSEROLE

1 lb. skinned tomatoes
2 ozs. butter or margarine
 $\frac{1}{4}$ lb. breadcrumbs

Salt and pepper
 $\frac{1}{2}$ lb. grated Whitethorn or
Mitchelstown Gruyere

Cover bottom of a casserole with a layer of sliced tomatoes and sprinkle with cheese and breadcrumbs, add a small nut of butter or margarine and season with salt and pepper. Put another layer of sliced tomatoes, breadcrumbs and cheese into the dish and so on till the dish is filled. Finally moisten with a little butter or margarine and bake in a moderate oven till the crust is a golden brown. About 45 minutes.

Time—Cooking and preparation, about 1 hour.
Quantity—6 persons.

MACARONI CHEESE

$\frac{1}{4}$ lb. macaroni
1 oz. butter or margarine
Yolks of 2 eggs
4 tablespoons of cream

3 ozs. grated Galtee, Calvita
or Mitchelstown Cheddar
 $\frac{1}{2}$ pint stock or water
Salt and pepper

Break macaroni into short lengths and put into boiling water or stock and simmer till tender. Strain and place macaroni in deep oven dish. Return stock or water to saucepan and boil briskly to reducing until only about $\frac{1}{2}$ a pint of liquid remains. Reduce heat and add to liquid the well-beaten egg yolks, cream, salt and pepper, stir till it slightly thickens. Pour this sauce over the macaroni, sprinkle with the grated cheese, add the butter or margarine broken into little nuts and brown in a brisk oven.

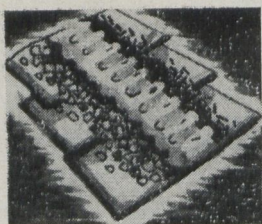
Quantity—4-6 persons.
Time—Cooking macaroni, 20 minutes, cooking time in oven, 15 minutes.

STUFFED HARD-BOILED EGGS

3 hard-boiled eggs
6 lettuce leaves
Salt and pepper
2 small young carrots, grated

6 small packets of 'Mellory'
Cheese Spread (celery is
added to it)
A little cream if desired

Hard-boil eggs, shell and cut in half, lengthways. Remove yolks and mash them well. Add the cheese to the mashed yolks, seasoning with a little pepper and salt and if mixture is too dry dilute with a little cream or top of the milk. Grate carrots. Fill hard-boiled eggs with this mixture, sprinkle some grated carrot over each half egg and serve each half egg on a leaf of lettuce.



'GALTEE' SNACK

½ lb. box of 'Galtee' cheese

Some chopped chives (mild onions could be substituted)

Some chopped radishes or chopped parsley

Mayonnaise or salad cream

1 tablespoon of breadcrumbs

Butter the toast when hot, removing crust. Cut 2 or 3 thin slices lengthways, of 'Galtee' cheese. Place them on the toast, overlapping a little. Place some chopped radishes (or chopped parsley) down one side of cheese slices, leave a space down the centre and place chopped chives (or chopped mild onions) down other side. Fill up centre with a zig-zag piping of Mayonnaise. If the Mayonnaise is not sufficiently stiff to maintain a decorated shape it can be made more solid by mixing some fine breadcrumbs through it. The colour scheme of this snack is attractive, so use either radishes and chives or parsley and onions.

'THREE COUNTIES' SAVOURY

Slices of hot-buttered toast

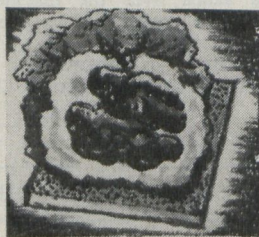
1 oz. butter or margarine

Pepper and salt

2 or 3 leaves of lettuce

3 packages of 'Three Counties' processed Gruyere

1 dozen half walnuts



Butter toast lightly when hot. Remove crusts and cut into 1½ inch squares. Place a piece of lettuce, roughly 1½ inches, on each piece of toast. Mash the 'Three Counties' cheese with a fork and add to it, the butter or margarine adding a little seasoning of salt and pepper. Put a good teaspoon of this mixture on top of each piece of lettuce and top with half a walnut.

HOLLANDAISE TARTS MANDERVILLE

*A box of Manderville Tomato
and Cheese spread or Onion
and Cheese spread*

Rough brown bread

Salt and pepper

Mash the cheese and add a little pepper and salt if desired. Remove crust from the bread and cut into about $\frac{1}{2}$ inch slices. Spread four or five slices with the cheese and place them one on top of the other, press together and cut down through the slices, making what at first sight looks like a chocolate layer cake. Cut into small pieces.

OLIVE TARTLETS

*A few packets of 'Manderville'
(Samsøe and Gouda) cheese
spread*

6 or 7 ripe black olives

Rough brown bread

Remove crusts from brown bread. Butter lightly. Cut into squares of about $1\frac{1}{2}$ inches. Spread each square with 'Manderville' cheese spread and in the centre of each put a small piece of black olive.

ONION SOUP

$\frac{1}{2}$ lb. onions

1 oz. butter or margarine

1 pint hot water

Pepper and salt

*A few slices of bread or
French Roll*

*3 ozs. Whitethorn or
Mitchelstown Gruyere*

Cut onions very finely and fry them till brown in butter or margarine. Add hot water, pepper and salt. Cook for about 15 minutes. Have ready a few thin slices of bread or French roll previously dried in the oven. Pour soup over these in the soup tureen, sprinkle with grated cheese and brown quickly under the grill or in the oven. Bring to the table in the tureen. Do not allow to boil if placed in the oven.

Time—25 minutes.

Quantity—Serves 4-6 persons.

Mitchelstown Cheese

CHEESE contains nearly twice as much protein, pound for pound, as the most expensive meat. Many of us eat too little protein, which is essential for making and replacing our body tissues.

CHEESE is really concentrated milk, one gallon of which goes to making every pound. With such natural goodness in every package it is one of the cheapest foods that can be purchased for your family.

CHEESE is rich in calcium, this valuable mineral which is so necessary for strong bones and teeth—and remember it is so important for your growing children.

CHEESE is really delicious! Almost everybody loves the mild tangy flavour.

CHEESE can be served in a hundred different ways. For flavour and extra nourishment use it in your everyday cooking.

CHEESE as a source of vitamins supplies appreciable quantities of the essential Vitamin A and Vitamin B2.

CHEESE is one of the cheapest good foods on the market. For economy and nutrition use some CHEESE every day.

The Mitchelstown Programme (Radio Eireann at 1.15 every Monday) is one of the pioneers of the "live" show featuring Irish artists. Consistently attracting the biggest average listenership, the Mitchelstown Programme has in its eight years featured the Austin Stack Ceilidhe Band, The Antlers, Na Rídirí, The Old-Timers, Robert McCullagh, Charles Kennedy, Brian O'Carroll, Austin Gaffney, Mary McGoris, Jim Cameron and his band. It is a bright programme and, as one housewife recently put it "it makes you forget those Monday morning blues." Tune in and enjoy yourself . . . every Monday at 1.15 . . . Radio Eireann, 530 m and 240 m.



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Useful hints to pour Z.H.B. lager beer in the right way



*I am really quite all right
If you stand me in the light
But to connoisseurs : hark
I am better in the dark.*

*Fridge or cellar suit me well
Cold water baths are also swell
At a temperature of 50 degrees
My foaming head will always please.*

*The cleanest glass it has to be
But soap—containing fat—just ruins me
In washing soda is no harm
It does not affect my lovely charm.*

*Now rinse the glass under tap nearby
And stand it on the shelf to dry
Do not think to use a cloth
As this again will spoil my froth.*

*Before you pour me it's the rule
To wet the glass in water cool
Then hold the bottle fairly high
Tip me in and loudly cry :*

*He who serves Lager Beer
And takes the hints as given here
Is worth, as doubtless you can see,
His glass of famous Z.H.B.*



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